FX CONTINUES TO HEAD INTO THE DANGER ZONE

NETWORK GETS EVEN MORE FAR OUT THAN "ARCHER." PAGE 09

metro®
BOSTON Wednesday, January 22, 2014 www.metro.us | t: MetroBOS | f: MetroBoston

Snow forces school closures, parking bans across region

Weathering the storm. Marty Walsh, facing his first major snowstorm as mayor of Boston, says the city is well prepared to deal with today's wintery mess.
Plans postponed. Classes aren't the only things to get canceled – the governor had to postpone his annual State of the Commonwealth address. PAGE 02

A PREHISTORIC WAY OF LIFE PAGE 04

Samuel Monsour and his wife Astrid Bengtson, who together created the #True28 app to help you keep your new year's resolutions, prepare a Paleo diet entree in their North End kitchen. / NICOLAUS CZARNECKI, METRO

Bieber signs the snow in Colorado

PAGE 08

Happiness really does begin at home

PAGE 11

Wellbeing: Are you D-ficient?

PAGE 13

Metro faces off with Gary Bettman

PAGE 19

Top 3

What's trending online at Metro.us

1 'Michelle Obama and Lebron videobomb interviews together'

2 'Woman confronts teacher she claims molested her, posts call to YouTube'

3 'HIV-positive student shot secret sex tapes with partners, police say'

Today's tweet

"People in total freak mode here in Whole Foods, Trader Joes, etc. #Snow #Boston"

@1918champs witnessed the chaos before the storm.

State House hearing

Davis talks Olympic security

With security concerns dominating the news of the upcoming Winter Olympics in Sochi, Russia, local law enforcement officials said the outlook would be markedly different if Boston hosted the summer games in 2024.

"We are probably better suited than any other place in the country to work in this coordinated fashion," former Boston Police Commissioner Ed Davis said on Tuesday to a special commission studying the feasibility hosting the international games. SHNS

Deadly crash

Patient dies when ambulance flips

A woman being transported in an ambulance was killed Tuesday morning when the vehicle rolled over in Milford.

The crash happened when a vehicle hit the ambulance after running a stop sign, police said.

The accident scene / MILFORD POLICE

A paramedic inside the ambulance was injured. Milford Police tweeted pictures taken at the scene, which show the ambulance resting on a guardrail. The Milford Daily News reported the patient was being taken back to Milford Regional Medical Center following dialysis treatment in another town. METRO

No parking, no school in Hub as snow covers region

Winter weather. Kids rejoiced and car owners readied as another snowstorm moved into the area throughout the night.

Schools throughout Greater Boston were closed and parking on major roadways was banned Wednesday as an overnight storm moved into the area and covered the region in a thick blanket of white.

Taking no chances, many cities and towns declared snow emergencies and parking bans hours before the first flakes fell.

On Monday, the forecast called for Greater Boston to receive only up to 4 inches of snow, but those estimates were soon increased and the forecast on Tuesday called for Boston to get up to 8 inches of snow, according to the National Weather Service.

Snow showers and blowing snow were expected to remain in the area until about 1 p.m. Wednesday.

Areas south of Boston and on Cape Cod were expected to get about a foot of snow.

In Boston, Mayor Marty Walsh met with his cabinet and later announced that Boston Public Schools would close Wednesday and instituted a parking ban.

"Our city is prepared. Our crews are ready. I just ask you once again for all of the public's cooperation so that we can get all of our crews out there to help clean up the streets," Walsh said.

More than 500 pieces of snow removal equipment were being sent out onto Boston's streets Tuesday night, Walsh said. Trucks began pre-treating the roads at 1 p.m. Tuesday and Boston police were helping school buses get home ahead of the storm and evening traffic.

Boston Mayor Marty Walsh held his first snow emergency meeting as mayor Tuesday in his office. / NICOLAUS CZARNECKI, METRO

Parking banned

Cities, state prepare for another storm

Parking bans and snow emergencies took effect Tuesday in many communities including in Boston, Cambridge, Medford, Somerville and Quincy.

Somerville's snow emergency went into effect at 3 p.m. Parking is allowed on the odd side of the street only, unless otherwise posted. Municipal parking lots and some school lots are available for parking.

In Medford and Cambridge, snow emergencies went into effect at 6 p.m. and 8 p.m., respectively.

Gov. Deval Patrick sent state employees home at 3 p.m. Tuesday and postponed his State of the Commonwealth address.

MICHAEL NAUGHTON
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Fatalities eyed at South Shore Hospital

South Shore Hospital in Weymouth is investigating the deaths of two women who died during childbirth.

Colleen A. Celia, 32, of Middleboro, and Christie Billodeau Fazio, 30, of Marshfield, both died while giving birth to healthy babies at the Weymouth hospital in the last two months. Fazio was also a nurse at the hospital.

Doctors told Celia's family that she had an amniotic fluid embolism, where the fluid enters the bloodstream, according to the Taunton Gazette.

Representatives for the hospital say the deaths "appear to be unpredictable and unpreventable," and said they will complete intense investigations into the incidents.

Spokeswoman Sarah Darcy said the hospital has initiated a thorough review of the deaths, and is in contact with the Department of Public Health.

GoFundMe pages have been set up for both families. METRO

Quoted

"Right now it's early, but there's no indication in our early review that anything could have been done to avoid these outcomes."

South Shore Hospital statement

South Shore Hospital in Weymouth / SOUTHSHOREHOSPITAL.ORG

Gruesome discovery.
Police pull head from Charles River after tip

The body part pulled from the Charles River in Cambridge on Friday morning appears to have been a human head.

Police divers found the head after receiving a tip, and investigators suspect it belonged to murder victim Dennis Ray Jackson, according to a FOX25 report.

Several body parts, later identified as Jackson's, were found in two Boston-area locations back in November. His limbs were discovered smoldering in a barrel near Bridgewater State Psychiatric Hospital on Nov. 13 and, the following morning, his burning torso was recovered on the property of a repair company in Hyde Park.

Jackson, a 24-year-old father of three from Haverhill, was previously living in a beach house in Salisbury, where investigators completed a thorough investigation last month to determine whether the murder occurred there.

The man who rented the house from Jackson, a convicted criminal and aspiring rapper Reggie Cummings, reportedly fled to Mexico after Jackson was killed. He is considered a person of interest in the case.

Cummings is back in a Massachusetts jail on unrelated charges.

MEGAN JOHNSON

At a glance

The head was pulled from the Cambridge side of the Charles River, near the MIT sailing pavilion Friday.

- Investigators in Bridgewater discovered limbs that had been set on fire on Nov. 13, and the next day, a charred torso was found behind a body shop in Hyde Park.

Dodging a bumpy ride on Boston's streets

As of Tuesday morning, city workers had filled 2,192 potholes throughout Boston over a last two-week span as part of a campaign to make a smoother ride before temperatures rise and create more potholes. Department of Public Works crews covered 800 miles of roadways as the department continued to perform snow and ice control duties. "I especially want to thank our Public Works crews for their hard work over the past two weeks as we prepare for our first storm together," said newly-elected Mayor Marty Walsh. / NICOLAUS CZARNECKI, METRO

Downtown crime

Man dragged by car as robber tried to steal it

A man was dragged by his own vehicle Saturday night when a man broke into the car and drove off in downtown Boston.

The victims told police they were walking to their car, which was parked on Shawmut Avenue, when they noticed a man wearing a white motorcycle helmet sitting in the driver's seat. The car owner said he tried to open the door when the man in the helmet drove off, dragging him on the ground for a short distance and causing minor injuries.

The victims also told officers that just before police arrived, the man in the helmet circled back to the scene to retrieve a scooter he left on the sidewalk. The man in the helmet kept yelling "stay away," the victims told police. METRO

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Tap into your Paleo side with prehistoric plan

New Year, New You. A local couple wants you to embrace your inner caveman — or cavewoman — and stick to your 2014 resolutions.

Samuel Monsour and his wife Astrid Bengtson, of Boston, created #true28 app, which helps users get healthy by going back to their Paleolithic roots. / NICOLAUS CZARNECKI, METRO

It is estimated that more than 100 million Americans resolve to change their life to some extent in the new year, but less than half actually stick to their resolutions.

But two North End residents believe that all it takes to change your life for the better is getting back to the basics of human nature.

Throughout the month of February, Paleo-power couple Samuel Monsour, a chef, and fitness instructor Astrid Bengtson will teach students how to adjust their diet and mindset to lead happy, healthy and meaningful lives based around the Paleolithic diet.

The pair created #true28, a mobile app that lets users take health into their own hands by bridging the gap between how humans lived for 2.6 million years, and how they live now.

"We're not trying to be cavemen. We're not saying we should quit our jobs and eat roasted meat," said Monsour, executive chef at Boston's jm Curley. "It's not just a diet, and to us it makes a lot of sense scientifically. There are a lot more enriching qualities of that lifestyle than just a diet."

Whether the issue is smoking, finances, weight or alcohol, Bengtson believes a Paleo-based lifestyle shift will help people stick to their resolutions because it approaches resolutions from a holistic angle.

"A lot of us make our career our life passion, but it's a slippery slope when that becomes your identity," said Bengtson.

"The goal is to get people to be people again, and value relationships, personal growth and have an innate desire to help their community."

To keep participants motivated, Monsour and Bengtson will instruct four, 3-hour classes at the Boston Center for Adult Education every Saturday in February — which conveniently runs 28 days.

Students will learn to utilize the app's features through hands-on workshops, tutorials, cooking demos and progressive exercise classes.

"A lot of times, people barely get started on their resolution, then get swept away as the year gets busier," said Monsour. "That's part of why we created this app. If you can just stick with this for 28 days, there is a good chance you can succeed."

Paleo pride

The Paleolithic diet mimics the diets of our caveman ancestors and includes meats, seafood, vegetables, fruits and nuts.

- That means no grains, dairy, legumes, refined sugar, trans-fats or alcohol.
- The recipes and meal plans provided throughout the provisions feature of #true28 was created strictly using Paleo foods.
- Visit true28.com for more information.

Quoted

"We're trying to bridge the gap between Western lifestyle and the Paleo era."

Astrid Bengtson
#True28 co-creator and fitness instructor

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Snow. Storm grips the eastern US, shuts offices and snarls air travel

A fast-moving Arctic cold front forecast to dump up to a foot of snow on the East Coast of the United States on Tuesday shut down state and federal governments, closed schools and snarled air travel in its path.

Winter storm warnings and advisories were in place from the central Appalachian Mountains north to southern New England, the National Weather Service said, including all of the Middle Atlantic states and the busy I-95 highway corridor that connects cities like Washington, Philadelphia, New York and Boston.

"It will be a winter wonderland for these areas," the weather service said in a statement.

In Washington, hundreds of thousands of federal workers were ordered to stay home in the face of what was forecasted to be a heavy snowfall.

But the Supreme Court remained open to hear cases, and organizers of the annual anti-abortion March for Life said Wednesday's rally would be held regardless of bad weather.

In neighboring Maryland, the state government was shut down and the Maryland Transit Administration cut back rail and bus services. Farther north, the inauguration party for New Jersey Republican Gov. Chris Christie on Ellis Island in New York Harbor was canceled because of the looming storm. **REUTERS**

Below average

10-25

Temperatures in the eastern half of the United States are expected to be from 10 to 25 degrees below average. Gusty winds will accompany up to a foot of snow in southern New England as the cold front picks up moisture from the Atlantic Ocean, the NWS said.

A man rides a bicycle in Manhattan during Tuesday's snowstorm in New York City. / GETTY IMAGES

West Lafayette

One dead in Purdue University shooting

One person is dead after Purdue University reported a shooting on its campus in West Lafayette, Ind., on Tuesday and one male suspect was in custody, Purdue Police said.

Police said they believe there is only one suspect. They said he was not being cooperative and declined to identify him or the victim.

Early Tuesday, the university posted an alert on its website stating: "A shooting has been reported in the electrical engineering building on Tuesday (Jan. 21) at Purdue University. One person is in custody. Police have cleared the building and are continuing to search the area, and people should remain sheltered in place until further notice." **ANDREA PARK, METRO**

In custody

Slovenia refuses to extradite Romanian hacker to US

Slovenia will not extradite a Romanian hacker who broke into the computer systems of U.S. government agencies, because he has already been tried and sentenced in Romania, the national news agency STA reported on Tuesday.

Victor Faur was seized in Slovenia last October on an international arrest warrant issued by the United States, STA said. Faur, had been indicted in the United States in 2006 on conspiracy and computer intrusion charges. **REUTERS**

Legal battle

Same-sex couples sue Utah over refusal to recognize gay marriages

Four same-sex couples sued the state of Utah on Tuesday over Gov. Gary Herbert's refusal to recognize gay marriages performed during a brief period while it was legal in the state.

The four couples, who were married in Utah between Dec. 20 and Jan. 6 and are represented by the American Civil Liberties Union, asked the court to declare their marriages valid and order the state to recognize them.

"By retroactively stripping plaintiffs' marriages of legal recognition, the State of Utah has put these couples and their families in legal limbo and prevented legally married same-sex couples from accessing critical protections for themselves and their children," the lawsuit, filed in 3rd District Court in Salt Lake City, said.

A federal judge struck down the voter-approved ban on gay marriages, ruling that it was unconstitutional.

State officials won a stay of that ruling from the Supreme Court pending an appeal to a Denver Circuit Court. **REUTERS**

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Christie hurt. Trump says he's weighing run for president in 2016

Outspoken real estate magnate Donald Trump said on Tuesday he may seek the Republican presidential nomination for 2016, adding that New Jersey Gov. Chris Christie's prospects for a White House run have dimmed since a scandal erupted.

A run for the presidency "is something I would certainly look at," Trump told Reuters. "You know why? I'm unhappy with the way things are going in America."

Trump, in a speech at St. Anselm College in New Hampshire, said that Christie was "one email away from disaster" after revelations that traffic jams on the George Washington Bridge were caused by an act of apparent political payback. REUTERS

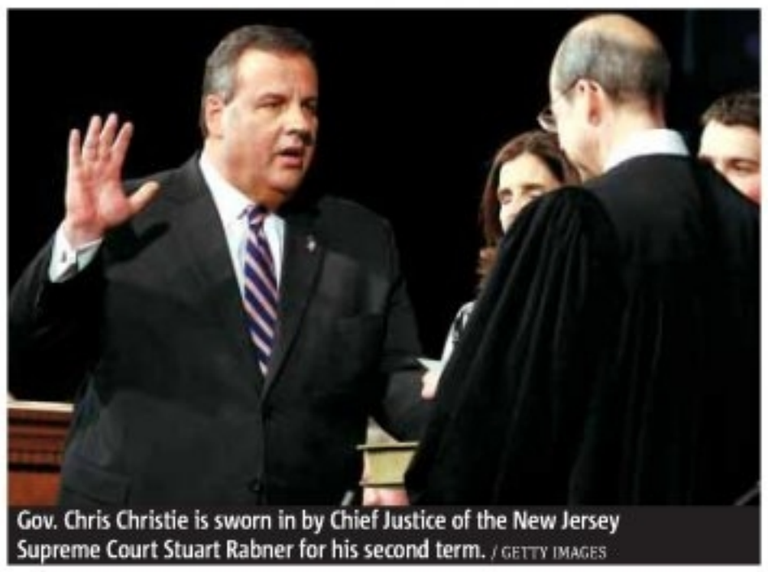
Vatican visit

Obama to meet with pope on March trip

President Barack Obama will meet with Pope Francis at the Vatican in March, the White House said on Tuesday, a visit that will allow the U.S. leader to highlight a shared interest in addressing the gap between rich and poor.

Obama, a Democrat, made lifting up the middle class and fighting income inequality in the United States a key priority for his second term and a top campaign theme during his 2012 run for re-election. REUTERS

Embattled Gov. Christie sworn in for second term



Gov. Chris Christie is sworn in by Chief Justice of the New Jersey Supreme Court Stuart Rabner for his second term. / GETTY IMAGES

Quoted

"I do not believe that New Jerseyans want a bigger, more expensive government that penalizes success and then gives the pittance left to a few in the name of income equity." Christie

Mum's the word. Christie's speech makes no mention of recent scandals.

New Jersey Gov. Chris Christie turned to themes of small but compassionate government and bipartisan cooperation in his second inaugural address on Tuesday, making no mention of the abuse of power charges swirling through his administration.

A charismatic and tough-talking fiscal conservative, Christie is widely seen as a Republican contender for the White House in 2016.

Although he cruised to re-election in November, Christie has gone on the defensive in recent weeks amid allegations that his top aides orchestrated massive traffic snarls to exact political revenge and that his administration withheld superstorm Sandy relief money to pressure a local mayor into approving a development deal.

In his address in the state capital of Trenton after he was sworn into his second term, Christie returned to the themes that have been hallmarks of his political brand and criticized the idea that an "almighty government" can "fix any problem."

In an apparent dig at New York City's new mayor, Bill de Blasio, Christie offered a message to neighboring New Yorkers who face a "redistribution of wealth and higher taxes": "Come to New Jersey. You will be welcome here."

De Blasio is an unabashed liberal who has pledged to fight economic inequality and has called for a tax hike on top earners. REUTERS

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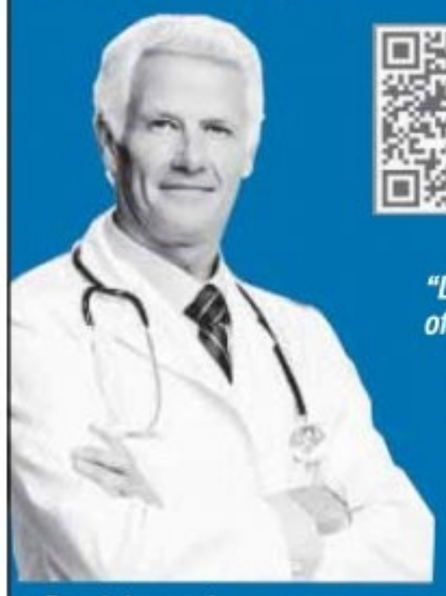

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Russell Brand is asking for a friend, Louis Tomlinson wants to get back to work, and Chris Pratt is having fun with language.

@rustyrockets: Does 3 second rule apply to phones dropped in the toilet?

@Louis_Tomlinson: Getting really excited to start writing for the next record

@prattprattpratt: New word: Ex-asterbating. Verb. Making things worse for the pleasure of it.

ALL PHOTOS GETTY IMAGES

Revenge of the white-hairs

Oh, hello, incredible photo of Tilda Swinton and Karl Lagerfeld just hanging out on Tuesday at Paris Fashion Week. Fancy seeing you in The Word! Question: What do you think Tilda and Karl talked about? Cats? Fashion? How incredibly beige they both are? Adele's weight?

Justin Bieber pees his initials into snow

What's the best way to distract from a sexting scandal, alleged drug abuse and possible criminal vandalism charges? How about adding public urination into the mix?

That's the strategy that Justin Bieber is reportedly deploying, at any rate. Biebs and his posse are in Colorado right now; they were on the road when the pop star felt the sudden call of nature and decided to pull over to relieve himself. But not in the woods or off the freeway — rather, in the affluent residential neighborhood of Snowmass.

According to TMZ, local residents looked on in shock as Bieber peed in the snow right in front of them. After he'd zipped up and headed off to take care of whatever important Bieber business he was pursuing, they crept up to the scene of the crime and found that he'd whizzed his initials into the snow.

At least he's creative. Most celebrities' downward spirals are pretty boring, at least from the outside: drugs, booze, drugs, girls, fights, drugs. Bieber has all of that, but also public urination and pranks. It certainly keeps things lively.

MELINDA TAUB

Joan Rivers gets heckled

Joan Rivers had a heckler — and it was none other than her "Fashion Police" co-star Kelly Osbourne.

A seemingly intoxicated Osbourne reportedly made quite a scene at a recent gig of Rivers' in Los Angeles, according to Radar Online. "Kelly had one drink before the show started, and then during the show she got up and went to the bar to get even more drinks," a source says. "Kelly was yelling things out to Joan during the show when no one else was and she was throwing her hands up in the air. She was doing it obnoxiously. Everyone around her thought she was drunk." After the show, another witness spotted Osbourne "banging on the door to get backstage after the show. She grabbed her friend as she was leaving and was hanging onto him. It seemed so obvious that she had been drinking."

While it would be easy to poke fun at her behavior, remember that Osbourne has gone to rehab seven times. No joking around 'bout that.

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A primer on FX's animated absurdity

TV. "It's Always Sunny" set the bar for bizarre comedy; "Archer" and "Chozen" are carrying the torch.

"Archer" airs Mondays at 10 p.m. on FX. / FX

When FX debuted its first two original comedy series in 2005, the network immediately set its tone for humor: absurd, edgy and darkly funny. Though "Starved," following four friends with eating disorders, was soon canceled, "It's Always Sunny in Philadelphia," about a group of degenerate pals running a bar in South Philly, is a cult hit entering its 10th season.

The cartoonish depravity of the "Sunny" gang has become an FX comedy hallmark of sorts. Fittingly, two animated series, "Archer" and the new "Chozen," are keeping that tradition strong. Here's a primer on the latest in FX's lineup of bizarre hilarity.

"Archer"

Why we're watching: Sterling Archer (H. Jon Benjamin, aka the can of veggies from "Wet Hot American Summer") is a James Bond type who works for the spy organization ISIS, run by his mother (Jessica Walter). It's a high-stakes workplace comedy — except this season, the FBI has shut down the ISIS offices, and the team is now operating as a drug cartel. "International spying is very similar to international drug-dealing," Benjamin points out wryly.

Meanwhile, Lana (Aisha Tyler), Archer's partner/sometime girlfriend, is pregnant. "We have an awesome baby shower for her," hints executive producer Matt Thompson. "Kenny Loggins is involved." Adds creator Adam Reed: "He plays a terrible, bastardy version of himself. He calls himself K-Log."

AMBER M. RAY
letters@metro.us

A Method Man to the madness

"Chozen"

Chozen (Bobby Moynihan) is a wannabe rapper trying to assimilate back into society after a 10-year prison stint. The lyrics resulting from Chozen's journey are nothing short of ridiculous. "I like (the song) 'Sex and Murder' — you know, dead people have sex and then they murder," says Method Man, who voices the character Phantasm. "That's cold-blooded."

Chozen is a white gay rapper, which opens the door for more politically incorrect jokes. Method Man says that's partially why he joined up. "It's making fun of hip-hop. It's making fun of gay people. It's making fun of the audacity of some artists that think they're ... on these pedestals and nothing can touch them."

"Chozen" airs Mondays at 10:30 p.m. on FX. / FX

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While the performances here are strong, they're not enough to carry this jumbled play. / LIZA VOLL

Confusing from the very start

Theater review. ArtsEmerson and Company One's "We Are Proud to Present a Presentation" has way too many moving parts.

If you think the title "We Are Proud to Present a Presentation About the Herero of Namibia, Formerly Known as Southwest Africa, From the German Sudwestafrika, Between the Years 1884-1915" is confusing, you should see the play.

Actually, maybe you shouldn't. Company One's latest, a co-production with ArtsEmerson, is a bit of a baffling mess right from the start. If you don't conduct any pre-show research, it's not clear who these people are or why they're making this "Presentation."

Even if you do surmise that they're portraying young actors in a rehearsal space, navigating their way through the tangled emotions of a piece about a little-known genocide, their journey is overwrought with irksome faux-improv moments that read like playwriting cliches.

One minute they're playing silly acting games, the next they're acting out a redneck lynching.

When it's over, each actor has his or her "a-ha" moment in an incredibly protracted silent scene that's about five minutes too long. Finally, it ends. Or does it? The house lights never go down, so there's no obvious clue that it's over. At this performance, people hemmed and hawed uncomfortably for a few seemingly endless minutes before someone took the leap and found that, thankfully, it was indeed over.

It's unfortunate that this powerful story was couched in such a ridiculous premise. The naive over-indulgence of these young characters (and perhaps too much emphasis on making it funny) make their leap to the explosive finish seem implausible at best.

Though the actors deliver solid performances, the funniest moment of the evening came after one of them threw a water bottle on the floor as he stormed out during his big moment. The audience member splashed with said water quickly followed suit.

NICK DUSSAULT
letters@metro.us

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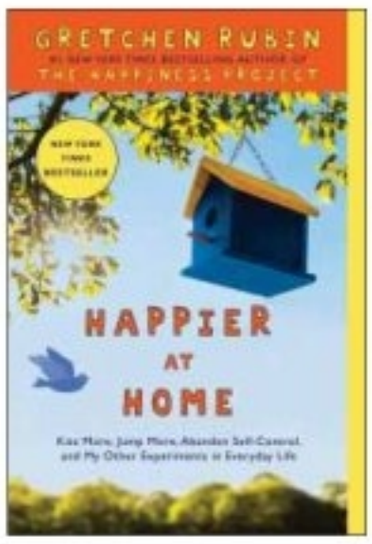
UMASS BOSTON

Being 'Happier at Home'

Expert advice.
Gretchen Rubin helps us love where we live.



Gretchen Rubin, author of the wildly successful "The Happiness Project," is all about finding joy in everyday life. While researching the best-seller, she discovered that "so many elements of a happy life come together in the idea of home. If you're not happy at home, it's hard to be happy," she says.

This idea drove her to write her next book, "Happier at Home," where the 48-year-old set out to find "the realistic things I could do to make it a nicer experience to walk in my front door."

She fills us in on how to get the good life.

TINA CHADHA
tina.chadha@metro.us

Make your bed

"One of the most important things that I keep finding is the connection for most people between outer order and inner calm. Most people feel calmer and more energetic when they don't feel like they're surrounded by clutter. And weirdly, one of the things that people most often mention is the resolution to make your bed. So I say if you don't make your bed now, try it. Because it's the gateway. Your whole room will look neater and calmer," says Rubin.

"I also think your bed is a symbol of your soul. So when you've taken care of your bed, it's showing that you've taken care of yourself."

Create a shrine

See more at www.metro.us

"A lot of people say you'll be happy with less, possessions don't matter, get rid of everything — but the fact is, for most people, possessions do have a role to play in a happy life," Rubin says. "They allow you to project your identity into your environment. They serve as important reminders of the people, places and activities you love. Maybe you're sharing an apartment and you want some part of it to reflect you. There's all kinds of shrines." Rubin's own shrine is dedicated to her passion for children's literature. "I have all my classics in one area. I mindfully arranged it, and it's one of my favorite parts of my apartment, just because I took the time to pull those things together."

Be grateful

"It's so easy to take for granted things like electricity and running water. When we don't have them, we realize how precious they are. So what I do is, we have two doors you have to go through to walk in and out of my building. So every time I walk out of my apartment, I use what I call a threshold ritual. Every time I cross that threshold, I think about how happy I am to be leaving my happy apartment and going out in NYC, which I love. People who have feelings of gratefulness are happier. When you feel grateful, it drives out things like anger and boredom. You don't feel as annoyed to unload the dishwasher if you have this reflection on how great it is to have a dishwasher."

Abandon a project

"A lot of times we'll start a project, like you're going learn how to cook French or knit — I had a friend who was going to make beer in his bathtub. But then you sort of abandon it. Maybe it's not as fun as you thought, or for whatever reason you're just not keeping up with it. But then that stuff just hangs around and it clutters up your shelves, but it also clutters up your conscience because every time you look at it you're like, 'Oh gosh, I got to get back into knitting.' So abandon a project. If you're not going to use those cookbooks, let them go and live a happy life with someone who's going to use them. When it's not used, it's more than useless. It's a negative."

Tackling clutter

Do you find that even when you get everything organized, a week later it's all a mess again?
"You have to manage [clutter] constantly," says Rubin, who swears by the one-minute rule. "Anything that I can do in under a minute, I do without delay," she says.

"If I can hang up a coat, if I can rip open a letter, if I can put newspapers in the recycling, if I can file a receipt in a folder. By getting rid of these little tasks, you feel much more able to tackle big tasks. When you walk in your room and see a million little things you have to do, you feel weighed down by it. You're like, 'Where should I even start?' So just doing things one minute at a time, it's manageable and realistic. Also, you feel that sense of confidence. You see yourself going 'check, check, check' and you feel more on top of things."

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GUARDIANSHIP PLANNING FOR YOUR CHILDREN

By Attorney George Warshaw

Who will take care of your children if you are not around?

Most parents have an answer readily available. It is often one's parents, brother or sister. These are usually good choices.

There is a question, though, that is often overlooked: are these the right people to handle the money that you set aside for your children's future?

Not everyone is good with money or is immune from personal financial risk.

What happens if your sister gets divorced? Was the money you set aside for your children properly put into a separate trust account at the bank?

What if your brother's business fails or he gets into financial trouble? Can his creditors get at your children's money?

Etc., etc., etc.

Think of guardianship planning as two responsibilities.

There is the *personal guardian*, who will live with your children and make decisions about your children's schooling, medical care and future life, and the *financial guardian* who will manage the money you've left for your children.

Most people leave both responsibilities to the same person. It often works out well, but not always.

In planning for your children's possible future without you, consider using a children's trust that separates money management from personal decision making and provides financial controls.

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GWA

George Warshaw is a well-known attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, litigates real estate matters, and prepares wills, trusts, and estate plans. George welcomes new clients and questions. Contact him at metro@warshawlaw.com.

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7 Fashion moments to look forward to in 2014

Every January, we can't help but get a little bit nostalgic. Another year gone, another year older, another year's hiatus from our five-year plan. Melancholic thinking aside, 2014 is actually going to be awesome — just check out all of the exciting fashion-related things ahead. Voila: Your wallowing is over. **ALICE TATE**

1

Peter Pilotto for **Target** hits stores in February: Cue catfights and hair-pulling action against a backdrop of geometric digital prints.

2

Nicolas Ghesquiere's first bow at **Louis Vuitton** is on the horizon. Expect it to be fashion's most Instagrammed moment of the year.

3

Dear purple lovers: 2014 is your year. (Thank Pantone.) But remember, we're calling it **Radiant Orchid**, OK?

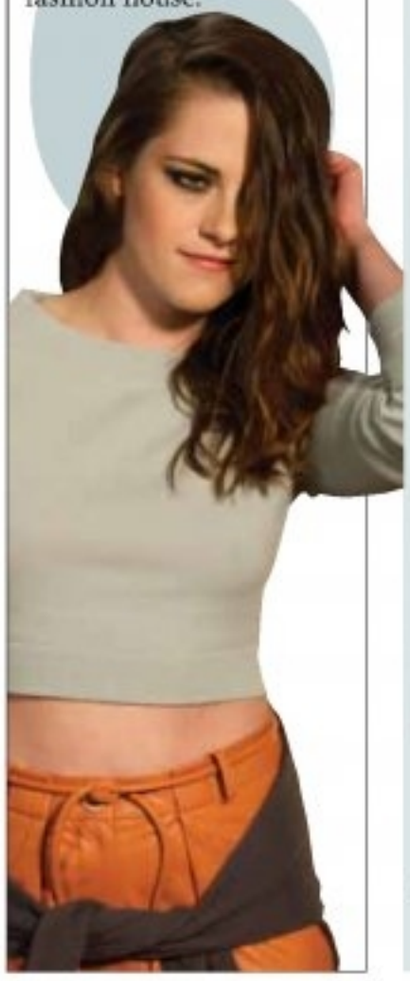
4

Somebody, get the Spanx. **David Koma** is taking his body-con love affair to **Mugler**.

5

Kate Moss for **Topshop** will return after a three-year hiatus. Painfully cool and vaguely vintage-flavored dresses, anyone?

6



Say goodbye to **Chanel** as you know it. **Kristen Stewart**, with her notoriously self-conscious poses, will start her gig as the unlikely face of the fashion house.

7

Goodbye, **Lincoln Center**; hello, heels sans toilet paper. This year's NYFW promises to be cleaner, cooler and seriously VIP.

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Source No. 1

Sun

The best way to get enough vitamin D is exposure to the sun in warmer months.

"Ninety to 95 percent of the vitamin D in your body comes from sensible sun exposure," Holick says.

Skin needs to be exposed directly to the sun for your body to make vitamin D. SPF 30 decreases your ability to make vitamin D by 95 percent. Because dermatologists tell us to never expose unprotected skin to the sun, many people are understandably confused about how to get enough vitamin D from sun exposure — especially because there's no set exposure standard for everyone.

"For some people, it could be 10 minutes, for others it can be 15," says Danesh, who recommends Dminder.info, an app that tracks the amount of D you're getting from the sun and helps keep you from burning.

You can't get enough D from the sun during the winter if you live north of Atlanta. Your body will, however, access the vitamin D in your fat cells during the winter, Danesh says. But most people benefit from supplementing, Holick says.

The list of illnesses you might help prevent by getting enough vitamin D seems to grow every day. Many studies suggest that maintaining the amount of D recommended by the National Institutes of Health — 30 to 50 nanograms per milliliter in your blood — can help ward off high blood pressure, MS, fibromyalgia, diabetes, depression, some cancers and muscle weakness.

"It's only been in the last 10 years or so that we've started to understand more of what vitamin D does," says Dr. Houman Danesh, director of integrated pain management at Mt. Sinai in New York City. "It affects every system in the body. The main thing that it does though, is help with the absorption of calcium. If your body doesn't absorb enough calcium, it leaches it from our bones."

So you know vitamin D is important for your health, and maybe you've read that hardly anyone gets enough of it. But you might also have heard warnings that too much can be toxic, causing constipation, confusion or kidney stones. But experts say that ODing is likely more difficult than you think.

"People tend to think that if a little is good, a lot is better, so some have raised concerns about the risk of toxicity," says Dr. Michael H. Holick, professor of medicine, physiology and biophysics at Boston University School of Medicine. "But vitamin D toxicity is one of the rarest medical conditions; you would need to take thousands of IUs every day for months for your body to take in enough to be harmful."

So how do you keep up a healthy level of D? From the sources outlined here.

But because of conflicting recommendations and research about vitamin D, "doctors are struggling with who to check, if they should check and when to check vitamin D levels," says Dr. Robert Graham, an internist at Lenox Hill Hospital in New York City. "But I would argue that you need to get tested first to know at what level you are starting with, and figure out how much you need to supplement from there."

Quoted

"People tend to think that if a little is good, a lot is better, so some have raised concerns about the risk of toxicity." Holick

Source No. 2

Supplements

Since most people don't get enough sun to make vitamin D year round, a supplement can help. Doctors usually recommend getting vitamins from foods rather than pills, but vitamin D is different.

Although the Institutes of Medicine (IOM) recommend 400 to 600 IUs of vitamin D for children and 600 to 800 for adults, Holick recommends 600 to 1,000 for kids, and as much as 2,000 to 4,000 IUs daily for adults. Endorcrine Society recommendations are also higher than the IOM: 600 to 1,000 for kids and 1,500 to 2,000 for adults. Breast milk doesn't contain vitamin D, so Holick says that breastfeeding infants need a daily supplement.

VIRGINIA PELLEY
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Source No. 3

Food

The bottom line: It's not possible to get all the vitamin D you need from food. For example, egg yolks are often recommended as a food source of vitamin D, but they only have 40 IUs per yolk. Similarly, you would need to eat wild-caught salmon and other fatty fish such as mackerel and herring every day to get enough D. Vitamin D is added to many foods, such as milk, juice and cereal, however, and mushrooms can be irradiated with good amounts of vitamin D as well.

30-second lifesaver

Watch your back

This week's tip comes from self-defense expert Jarrett Arthur.

JARRETT ARTHUR
PROVIDED

Attackers typically choose "easy," vulnerable-looking victims to target — people who are distracted, have dulled senses (think headphones) and are alone or in isolated locations. If you're attacked from the front, aim for the eyes, nose, throat and groin, and strike with hard parts of your body such as knuckles, the heel of your palm, a knee, a shin or an elbow. If you're attacked from the back, you're at a serious disadvantage, so prevention is the best strategy. By being vigilant, paying attention to your surroundings and limiting distractions, you can reduce the chances of someone sneaking up on your from behind. But if an attacker grabs you from behind in a bear hug, immediately drop your weight by bending your legs, shift your hips to the side and strike to the groin with a closed fist or heel.

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UMASS BOSTON

Dana-Farber Experts offer seven easy ways to make 2014 a healthy New Year

Indulge in a little too much eggnog and cookies this holiday season? The New Year is a great time to consider adding some healthy habits into the daily routine. Maintaining good health doesn't have to be hard. Experts at Dana-Farber Cancer Institute offer seven easy strategies that can help just about anyone get on the road to good health and possibly help reduce cancer risk.

1. Get walking

Staying fit and healthy can be as simple as going for a walk. According to studies, people who exercise after diagnosis of a number of common cancers, including colon and breast cancers,

have a lower risk of cancer recurrence. "You don't have to be a marathon runner, but the more you exercise, typically the greater the beneficial effect," says Jeffrey Meyerhardt, MD, MPH, clinical director of Dana-Farber's Gastrointestinal Cancer Treatment Center.

Here are some inexpensive ways to work out, but always consult a doctor first:

- Using the stairs rather than an elevator.
- Walking or riding a bike rather than driving.
- Taking an exercise break or quick walk at work.
- Using a stationary bicycle or treadmill while watching TV.
- Trying a new team sport.

2. Eat a rainbow of color

Next trip to the grocery store, skip the snack aisle and head straight to the store's produce section. Taking that little detour to avoid processed sugar and fat can help reduce calories and

provide many healthy benefits. Focusing on a diet high in fruits and vegetables will increase antioxidants and is one of the simplest ways to help maintain a healthy weight and reduce the risk of certain cancers.

The goal is to eat colorful produce like carrots, pomegranates, tomatoes, grapes, squash, eggplant, berries, and broccoli. The brighter and richer the pigment, the higher the level of nutrients.

"In the nutrition world, we like to say if it comes from the ground and it stains your shirt, you want to be eating it," says Stacy Kennedy, MPH, RD, CSO, LDN, a nutritionist at Dana-Farber. Kennedy also says drink plenty of water and try to limit red meat.

3. Skip that cocktail

The holidays are a time of parties and cocktails but moving into the New Year try limiting alcohol consumption. Studies find that it may lower the risk of developing some cancers. Dana-Farber researchers found that women who consume one alcoholic drink a day may increase their risk for breast cancer. "Women need to consider the possible effects of alcohol on breast cancer risk when weighing the risks and benefits of alcohol consumption," says Wendy Chen, MD, PhD, a breast cancer expert in Dana-Farber's Susan F. Smith Center for Women's Cancers. "Our findings indicate that in some women, even modest levels of alcohol consumption may elevate their risk of breast cancer."

4. It's never too late to quit smoking

Quitting smoking can be very difficult but studies have shown that kicking the habit can result in a healthier lifestyle. And, if you're trying to tighten your spending, it can also lead to a significant financial savings.

According to the American Cancer Society, smoking is the most preventable cause of death in the United States. It also causes more than 80 percent of all cases of lung cancer and increases the risk of oral, throat, pancreatic, uterine, bladder, and kidney cancers.

"Quitting smoking can be an important first step but may also be one of the most difficult," says Pasi Jänne, MD, PhD, director of Dana-Farber's Lowe Center for Thoracic Oncology. "It can take on average three times to quit. For those who have tried and failed, it's important to pick another quit date and try again." Jänne emphasizes that it is never too late to quit. People who stop and remain nonsmokers for at least 10 to 20 years can cut their risk of developing lung cancer in half.

Here are some tips that may help:

- Plan the quit day.
- Follow the four D's: Deep breaths, Drink lots of water, Do something to avoid focusing on cravings, Delay reaching for a cigarette — the urge will pass.
- Avoid triggers: Get rid of cigarettes, lighters, matches, and ashtrays.

5. Go Nuts

A recent study involving Dana-Farber researchers showed that people who ate a handful of nuts on a daily basis were 20 percent less likely to die from any cause over a 30 year period. On top of that, the nut-eaters were more slender than those who did not eat nuts.

It did not seem to matter the type of nut. The results were similar for both peanuts and "tree nuts" — walnuts, hazelnuts, almonds, Brazil nuts, cashews, macadamias, pecans, pistachios and pine nuts.

6. Sunscreen 'applies' year round

Sunscreen shouldn't be packed away after summer ends. Skin can be exposed to harmful rays all year long. Snow, ice and water can all reflect the ultraviolet (UV) radiation that causes sunburn, which, in turn increases the risk of developing skin cancer. Some experts say winter sports enthusiasts can face just as much risk of getting sunburn as summer sunbathers. Dana-Farber experts remind to protect year round.

- Wear sunscreen, lip balm and makeup with an SPF of 15 or higher.
- Use UV-blocking eye protection, especially for skiing.
- In a tropical setting, wear a broad brimmed hat and UV-blocking sunglasses.
- Avoid excessive exposure to the sun, especially between 10 a.m. and 4 p.m. when the sun is at its strongest.

7. Don't forget your dentist

Visiting the dentist is not just about clean and healthy teeth. Dentists also are on the front lines of detecting cancer in the mouth and can spot pre-cancerous lesions that can develop from smoking or chewing tobacco.

For more information visit www.dana-farber.org.

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States

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February 2014 — **Site**

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Wednesday 12	The Dimock Center
Tuesday 25	Bowdoin Street Health Center
Wednesday 26	Joseph Smith Community Health Center – Waltham

March 2014 — **Site**

Tuesday 11	Bowdoin Street Health Center
Wednesday 12	Joseph Smith Community Health Center – Allston
Thursday 13	South End Community Health Center
Tuesday 18	Brookside Community Health Center
Wednesday 19	Harvard Street Neighborhood Health Center
Thursday 20	Longwood Medical Area – Boston Children's Hospital
Tuesday 25	Bowdoin Street Health Center
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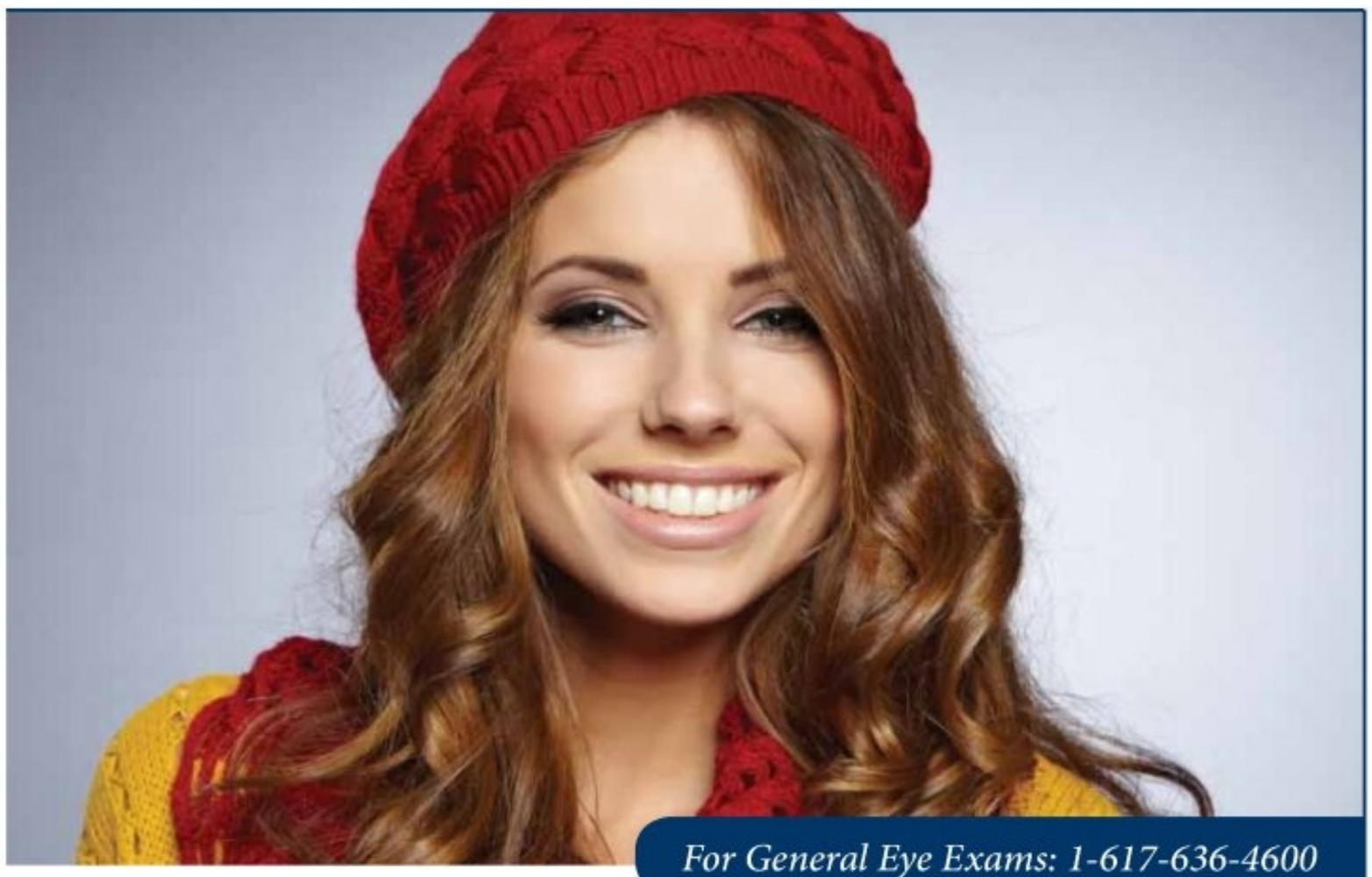

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This year, take your vision to the NEXT LEVEL by giving yourself or a loved one the Gift of Sight. Now that's a Gift that keeps on Giving. A blessed New Year from the surgeons and staff of New England Eye Center.

Free Mini-Med School Classes at Harvard Medical School Begin March 6

Health information emanates from every corner of your life—news programs, radio and television shows, websites and T-stop ads. To navigate through the often confusing messages, the Longwood Seminars at Harvard Medical School offer the general public valuable information on complex health and scientific issues—at no cost *and* without a referral.

No scientific background is needed to enroll in these mini-med school seminars. Those who attend three or more classes are eligible for a certificate of completion. Teachers who attend all four classes can earn 10 professional development points (PDPs).

At each mini-med school seminar, Harvard Medical School faculty present an overview of the seminar topic, and then explain both the scientific and clinical implications of the issue, as well as the latest groundbreaking research. During the Q&A, you will have an opportunity to question the experts.

Space is limited. Register online at hms.harvard.edu/minimedschool or call 617-432-3038.

The 2014 series features:

March 6 **The Eyes Have It: Why and how you see**

There's more to eyes than meets the eye. Our eyes are small machines containing complex circuitry and our understanding of this machinery advances every day. How does the process of vision work? What happens when sight fails – whether it is traced to disease or genetics? In this seminar, faculty experts from Harvard Medical School will explain the complexities behind the eye, the latest research related to vision and eye disorders, and pointers for keeping these important organs healthy.

March 13 **Healthy Mind, Healthy Body: Benefits of exercise**

There is no question that exercise aids weight loss and helps the body grow stronger. A consistent commitment to fitness also improves heart health and boosts energy, among other numerous benefits. No matter your age or ability level, experts agree that regular physical activity is good for your health. At this seminar, learn about the science behind exercise, how it contributes to physical and mental health, as well as tips for maintaining a healthy exercise regimen.

March 20 **Up Close and Personal: Genetics and you**

As technologies improve and costs decrease, genome sequencing at the doctor's office could one day be as common as a cholesterol test. Genetic, or DNA, testing can be a powerful tool for investigating disease and genetic disorders, and it can also reveal information about an individual's ancestry. At the same time, increasing availability of testing raises ethical issues that until recently didn't even exist. Physicians, scientists, and ethicists alike are grappling with the myriad of issues that the unfolding genetic revolution is raising. At this seminar, HMS faculty experts will discuss how and why DNA testing is done, and what this fast-evolving field means for you.

April 10 **Sound and Fury: Understanding post-traumatic stress disorder**

Sometimes after a terrifying event, a person can develop post-traumatic stress disorder, or PTSD. What are the risk factors, signs and symptoms of this condition? Scientists and clinicians are examining the scientific underpinnings of PTSD in an effort to better understand it and care for patients effectively. A panel of Harvard Medical School faculty members will discuss how it is diagnosed and treated, and share advice for family members and friends who have loved ones coping with the condition.

All mini-med school classes are held from 6 p.m. to 7:30 p.m. at the Joseph B. Martin Conference Center, Harvard Medical School, 77 Avenue Louis Pasteur, Boston. The Conference Center is a short walk from the Longwood T stops on the Green Line D and E trains and the #39 bus. Parking is available at public garages in the Longwood Medical Area.

Questions? Contact the Harvard Medical School Office of Communications and External Relations at longwood_seminars@hms.harvard.edu.

What's up, doc?

FREE mini-med school classes for the general public

March 6, 6:00–7:30 pm
The Eyes Have It
Why and how you see

March 13, 6:00–7:30 pm
Healthy Mind, Healthy Body
Benefits of exercise

March 20, 6:00–7:30 pm
Up Close and Personal
Genetics and you

April 10, 6:00–7:30 pm
Sound and Fury
Understanding post-traumatic stress disorder

Presented by faculty from Harvard Medical School and its affiliated hospitals.

Attend three or more classes to earn a Certificate of Completion.

Public school teachers are eligible for 10 PDPs for attending all four classes.

The Joseph B. Martin Conference Center is located in the Longwood Medical Area at **77 Avenue Louis Pasteur, Boston.**

Harvard Medical School is a short walk from the Longwood stops on the **Green Line D and E trains** and the **#39 bus**. Parking is available at public garages.

Space is limited. Visit **hms.harvard.edu/minimedschool** or call **617.432.3038** for information about how to register.
Follow the events live on Twitter: #HMSminimed

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HARVARD MEDICAL SCHOOL

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Erin Peters, MD
Internal Medicine

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Boston

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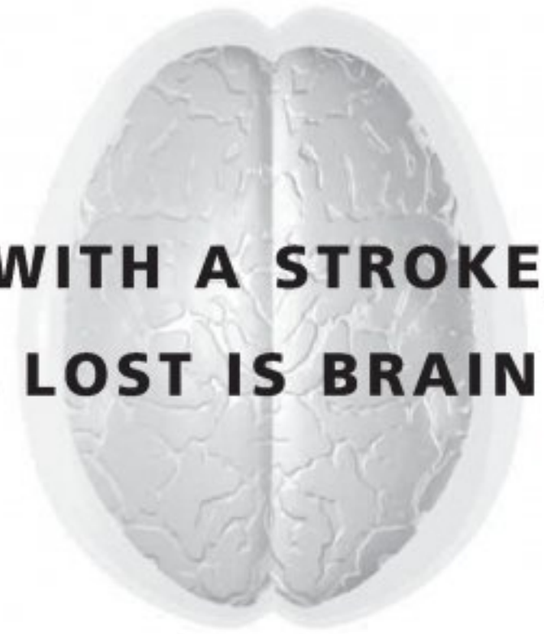

Learn the warning signs at
StrokeAssociation.org or **1-888-4-STROKE.**

Ad Council

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American Stroke Association™
A Division of American Heart Association

My friend's uncle's second cousin's son has autism.
My ~~friend's~~ uncle's second cousin's son has autism.
My ~~friend's uncle's~~ second cousin's son has autism.
My ~~friend's uncle's second~~ cousin's son has autism.
My ~~friend's uncle's second cousin's~~ son has autism.

Autism is getting closer to home.

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Horoscope

Aquarius | Jan. 21-Feb 18.
Implement a clear system to prepare yourself to meet your goals. Traveling may be the best way to find the information you need to move forward.

Pisces | Feb. 19-March 20.
You will be bogged down with added responsibilities today. You may have to handle someone else's financial matters or estate. Get informed before making any big decisions.

Aries | March 21-April 20.
You will tend to react prematurely and get into trouble if you don't listen carefully to what others have to say. Nothing will be as it first appears.

Taurus | April 21-May 21.
The harder you are willing to work, the better off you'll be. Your eagerness to take on responsibility will impress someone who is searching for the right person to do a job.

Gemini | May 22-June 20.
Plan to go out and have a fun and social evening. You are likely to have interactions with children, and you will be surprised what they can teach you.

Cancer | June 21-July 22.
Family matters will probably require some damage control. Awkwardness may result from your current limitations. Make use of your resources, even though family members may not be eager to follow orders.

Leo | July 23-Aug. 22.
While you are busy defending yourself, you are likely to uncover some extremely valuable information. Find an opportunity to take a little trip.

Virgo | Aug. 23-Sept. 22.
Don't let anyone impede your progress. Remain aware of past mistakes to avoid falling into the same patterns. Financial strategies should be presented carefully.

Libra | Sept. 23-Oct. 22.
Don't be overtaken by your emotions. You will do well today if you can present a stable front. Take the time to further develop your creative ideas.

Scorpio | Oct. 23-Nov. 21.
You will have good ideas for improving your finances. If you stay grounded, you will make all the right decisions. Trust your instincts, but don't get carried away.

Sagittarius | Nov. 22-Dec. 21.
Restlessness will lead to personal changes. If you communicate your differences, reforms can be made fairly easily. Likeminded individuals will offer you their support.

Capricorn | Dec. 22-Jan 20.
Don't be aggravated if things don't turn out your way. Putting in extra time and energy will be necessary. Change is upon you, so prepare to accept the inevitable. BERNICE BEDE OSOL

Letters

Cyclists are the most selfless humans

To all the dishonest people attacking cyclists, please write in to disprove this point: Cyclists are the most responsible people in society. You who use autos, buses or subways are polluting our air and water, because you use fossil fuels and nuclear power to run your machines of laziness. Cyclists aren't lazy like the rest of you, and we don't harm everyone's environment like the rest of you selfish people do because we're too lazy to bike. There should be a pollution tax added to all subway fares and auto sales. I dare any of you to show that cyclists are worse than lawless pedestrians or lawless drivers! Are many cyclists lawless? Sure. But we don't pollute the world like the rest of you do.
MILTON KATZIS, VIA EMAIL

Online

Read letters at Metro.us

In addition to news, features, updates and more, Metro is posting letters to the editor at Metro.us.

Give no credit to Christie

Re: 'Give Christie some credit' (Metro, Jan. 17-19)
Larry Penner gives Governor Christie too much credit. It's already been acknowledged that his epic performance of self-pity answered nothing relevant and that far more heads can and should roll for this scheme than the pair that already resigned. The governor has lost any credibility about his honesty and (more importantly) his competence, especially if he really didn't know what his staff was doing. Can the country really afford another Ronald Reagan or George W. Bush in the White House?
JOSEPH CONNELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	1	9			4			6
		6	2		1	8	9	
				6	9	4		
7	4							
6								1
							8	4
		8	5	2				
	7	1	6		8	2		
2			9			6	3	

8						6		7
				5	7	8	1	3
							4	5
		9	4		2	1		
	3						7	
		1	3		9	4		
6	9							
4	2	5	1	3				
3		8						4

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across
1 Glass ingredient
5 Sporty vehicles
9 Hushed
14 Disney CEO Bob —
15 "Naked Maja" artist
16 Cousin's dad
17 Troubadour prop
18 Becomes mellow
19 Fashion's — Simpson
20 Pasta dish
22 Hides a message
24 Thick of things
26 Canine registry
27 Dome
30 Feline sensors
35 Modify, as text
36 Complain bitterly
37 Flip through
38 Split
39 Cunning
42 Future fish
43 El —, Texas
45 "Macbeth" trio
46 Time waster
48 Snow lander
50 Addison's partner
51 Dawn goddess
52 Packs of cards
54 More than touch
58 Pointed beards
62 Kind of pad
63 Tarzan's title
65 "—never fly"
66 Tumbler stone
67 Copied
68 1899 Gold Rush town
69 Lost color
70 Composts
71 Plenty, to a poet

Down
1 Housecat's perch
2 Water, in Tijuana
3 Court dividers
4 "You wish!" (2 wds.)
5 Kenya neighbor
6 Livy's duds
7 Hurricane center
8 Business encl.
9 Pond sounds
10 Leaves the space station
11 Froze over
12 "Vogue" rival
13 Jeans partners
21 Coats with gold
23 Claws or talons
25 Plucked a guitar
27 Criticizes unreasonably
28 Aleut craft
29 Soft drink brand
31 Hotfoots it
32 Quebec school
33 Fray
34 Double-headed drum
36 Pitcher Nolan —
40 Tibet's capital
41 Alaskan town
44 Run
47 Fix unalterably
49 Reclined lazily
50 Gives a tongue-lashing
53 Marsh stalker
54 Norse king
55 First-magnitude star
56 Mild rejoinder
57 Lumpy fruit
59 007's alma mater
60 Tar's patron saint
61 Lots and lots
64 GI address

Weekend's answer

F	A	M	E		T	R	U	S	S		M	E	O	W
A	R	I	A		E	T	H	A	N		I	N	G	E
U	R	N	S		L	E	H	U	A		M	O	L	E
S	O	C	I	A	L		U	N	C	L	O	S	E	D
T	W	E	E	D		K	H	A	K	I	S			
			S	E	E	N				M	A	L	T	A
F	E	A	T		R	O	B		A	B	S	O	R	B
O	W	L			A	B	Y	S	S			G	A	B
R	E	P	E	A	T		U	T	A		C	O	P	E
A	S	S	A	Y				U	P	D	O			
			R	E	E	L	E	D		U	N	D	E	R
C	O	O	N	S	K	I	N		F	E	T	I	S	H
A	G	U	E		I	N	T	E	L		A	S	T	I
A	R	T	S		N	E	R	V	E		I	C	O	N
N	E	S	T		G	R	E	E	D		N	O	P	E

Interactive Crossword

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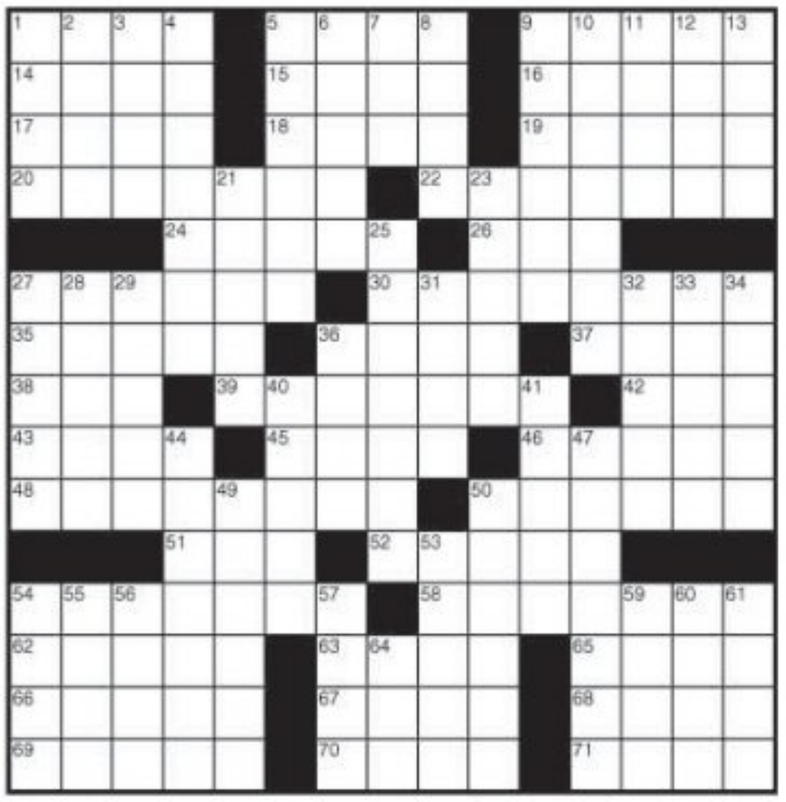

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GARY BETTMAN

Metro spoke one-on-one with the NHL commissioner to hear his thoughts on the current state of the league, the future of the league and how long he expects to stay in the top spot in the sport.

'I COULDN'T BE MORE OPTIMISTIC'

How would you characterize the state of the league over the last 18 months?
We are having a terrific season. Last season was extraordinarily strong under the circumstances, and [I] couldn't be more bullish or optimistic about the future.

Where do you envision the league heading in the next one to five years?
We're going to continue to grow our fanbase. We're going to continue to take advantage of the opportunities presented by digital media platforms. We're going to continue to grow the game from the grass roots and internationally, and we're going to make sure the game is as strong, as exciting and as safe on the ice as it can be.

You mentioned digital. Do you foresee a time when the league is a digital-only product and does not need a traditional broadcast partner?
No. We're grateful to have such terrific media partners. Whether or not it's NBC in the United States at the national level plus all of the [regional sports networks] or whether or not it's our new partnership with Rogers [Communications in Canada] going forward that will continue to include the CBC [Canadian Broadcasting Corporation]—and we're grateful for the treatment that we've gotten from Bell [Canada, a telecommunications corporation] over the years—so we think our media partners have been not only cooperative and supportive, they've been instrumental in helping to grow the game.

This year the NHL is holding six outdoor games. What was the process the league used to settle upon six games?
It is not one that is susceptible to an algorithm. We knew there was tremendous interest by lots of our teams and lots of markets in which our teams play, lots of our fans to have more of these games and we're trying to respond to the interest. We've tried to be somewhat creative in the way we've approached it and we thought the juxtaposition of having a game in Dodger Stadium and then Yankee Stadium within 18 hours of each other, in addition to being interesting, is going to be a lot of fun.

When you accepted the position, did you envision being commissioner for 21 years?
Well, you make it sound like I'm done. The fact is, as I was growing up I never envisioned being a commissioner. I don't focus on any particular timeline. I do this job because I'm passionate about the game and what I do.

DENIS GORMAN
sports@metro.us

Quoted

"The fact is, as I was growing up I never envisioned being a commissioner ... I don't focus on any particular timeline. I do this job because I'm passionate about the game and what I do."

Gary Bettman, NHL commissioner
On how long he expects to be the head of the league

Q&A

Is there an accomplishment over these last 18 months that you take the most satisfaction from?
I don't operate by doing that.

Is expansion something you would consider right now or are you comfortable at 30 teams?
We're comfortable at 30 teams although we have been getting a tremendous amount of interest from places all over North America. We are not, at this point, focused at doing anything other than maintaining the 30 teams that we have, although we are gratified by all of the expressions of interest.

3 SPORTS

All out of Pepper

Johnson leaves Pats

Longtime Patriots defensive assistant Pepper Johnson is leaving the franchise after 13 years as a Bill Belichick disciple. Regarding his future, Johnson told ESPN that he "has big dreams and goals and they all involve football."

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Allergic to DUST MITES?

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Trade winds

Report: Celts open to Green trade

According to Sam Smith of Bulls.com, "More NBA executives think the Celtics want to trade Jeff Green."

Rockets center Omer Asik remains the most likely piece to come to Boston in any exchange. Green is averaging 15.8 ppg this season. Smith also writes in the post that it "sounds more and more like the Celtics plan to keep Rajon Rondo." METRO

NBA power rankings | by James Toscano

No. 1

Pacers (33-7)

The Pacers continue their reign at the top of the rankings. They are 10-2 since Christmas and Lance Stephenson has quickly become the most interesting man in the NBA. The 23-year-old two-guard played 40-plus minutes in Indiana's huge wins over the Clippers and Warriors.

No. 2

Thunder (31-10)

Kevin Durant is just casually putting up video game numbers as he is averaging 36.1 points, 6.1 assists and 5.7 rebounds in January.

No. 3

Blazers (31-10)

The Blazers have scored 100-plus points in 35-of-41 games this season. Defense remains an issue, though, as they allow 103.5 points per game.

No. 4

Heat (29-12)

The Heat have lost four of their last six games. Now LeBron James can be jealous of Kevin Durant's spot in our rankings, too.

No. 5

Rockets (28-15)

The Rockets put four quarters of offense together Monday night against Portland, winning, 126-113.

No. 6

Spurs (32-9)

The Spurs again lost to a contender in the Blazers last week. They have OKC, Atlanta, Miami and Houston coming up.

No. 7

Clippers (29-14)

They couldn't compete with the Pacers over the weekend, but really, who can? The Clips simply have to get healthy in the next month.

No. 8

Warriors (26-17)

The Warriors have lost four of their last six. With just three road games in the next month, it's time for Golden State to accumulate wins.

No. 9

Grizzlies (20-20)

Marc Gasol is back, but he's still not quite back to his pre-injury level. The good news is that they're 3-1 since his return.

No. 10

Hawks (21-19)

The Hawks impressed by beating Miami Monday and avenged an overtime loss to the Heat from earlier in the season.

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Jean Mayer USDA Human Nutrition Research Center on Aging

WHOLE GRAINS STUDY

Researchers at Tufts University Invite you to Participate in a Nutrition Study

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- Currently taking an antidepressant

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MOSAIC
MajOr depressive diSorder in Adults clinICal Study

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- Follow-up visits support cessation for 3 weeks

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This study requires a commitment of seven hours total over four days. If you would like to learn more about this research, please contact Justin at jspring@partners.org or Nellie at nwood1@partners.org for more information. There is no obligation to participate. Compensation of up to $250 will be provided to individuals who qualify and take part.

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Web: www.BeaconClinical.com

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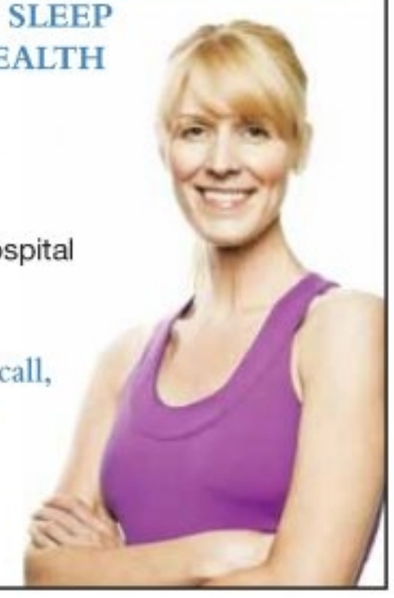

Check your eligibility & learn more about the study, call,

ALEX: 1 (877) 499-6272 (NASA)

Medical Research DIRECTORY

To place an ad call Michael Doane at 617-338-6731 or email michael.doane@metro.us

HAVE YOU EXPERIENCED A TRAUMATIC EVENT?

(e.g., combat, physical assault, motor vehicle accident, sexual assault, natural or manmade disaster)

If you are:
- **A man or woman ages 18-55**
- **With or without posttraumatic stress disorder (PTSD)**
- **Not on medication**
(birth control medication permissible)

Men up to $340 (2 sessions)

Women up to $620 (up to 3 sessions)

You may be eligible to participate in a research study at VA Boston Healthcare System in Jamaica Plain examining central nervous system stress hormone and steroid levels.

For information, call (857) 364-6616

Participate in Aphasia Therapy

Information about Aphasia Research Laboratory

At the Aphasia Research Laboratory, we are conducting numerous experiments to determine the effectiveness of language treatment in individuals with word finding, sentence formulation, and sentence comprehension, reading, writing and memory problems.

IF YOU SPEAK ENGLISH AND IF YOU HAVE HAD A STROKE AND HAVE DIFFICULTY WITH ANY OF THE FOLLOWING
- Understanding what people say
- Communicating effectively with family and friends
- Finding words at times
- Reading and writing words
- Remembering events and details

Please call the Aphasia Research Laboratory at (617) 353-2706.

Study Information

Prior to initiation of the experiment, your language abilities following the stroke will be assessed through standardized language tests. Following that, you will receive speech/language therapy to improve your communication abilities. The duration of therapy can range from 2 - 7 months, at no cost to you. Throughout the therapy, you will be provided with feedback on your progress.

Even if you have previously received speech therapy, you are eligible to participate in these experiments.

Contact Information

Swathi Kiran, Ph.D CCC-SLP
Associate Professor
Rm 326 Aphasia Research Laboratory
Boston University Sargent College
635 Commonwealth Ave. Boston, MA 02215
Assistant in Neurology
Massachusetts General Hospital

Phone: (617)-358-5478
Phone: (617)-353-2706
Fax: (617)-353-5074
Email: aphasiaresearchlaboratory@gmail.com

Boston University - Charles River Campus
Institutional Review Board
Approved: 9/20/13 - 9/18/14

Are You Depressed?

And Not In Treatment?

You may be eligible to participate in an 8-week research study testing how Riluzole, when taken along with a standard antidepressant can help people with major depression

To qualify: You must be between the age of 18-75 years, no antidepressant treatment for at least 3 weeks.
Study Details: Eligible participants receive psychiatric evaluations, two blood draws and all study medications free of charge.
Financial compensation: of up to $225 will be provided for completing the study.

For more information, please contact the RAPID Trial Study Coordinator at: **617-525-6497 or RCNET@partners.org**

Brigham and Women's Hospital, A Teaching Affiliate of Harvard Medical School

DOES YOUR PSORIASIS BOTHER YOU?

You may be eligible to participate in a research study of an investigational ointment
- 18 years of age or older
- Have had a diagnosis of plaque psoriasis for at least 6 months
- At least 2% to 20% of skin affected
- About 8 study visits and may last up to 24 weeks
- You will receive compensation for participating in this study

For more information, please e-mail harvardskinstudies@partners.org or call (617)726-5066

MGH 1811 MASSACHUSETTS GENERAL HOSPITAL

SUFFER FROM OCD?

Do you or does someone you know suffer from obsessive-compulsive disorder?

Adams Clinical Trials is conducting a study of an investigational medicine in adults with OCD.

Participants may be compensated up to $100 per completed visit in the 14 visit study.

Please call (617) 387-1706 or visit adamsclinical.com to learn more or sign up.

Fibromyalgia

- **Adults with fibromyalgia needed for a study**
- **Up to 48 FREE Tai Chi or Aerobic Exercise sessions**
- **Compensation is available**

Contact Tufts Medical Center
(617) 636-8682 • FMEx@tuftsmedicalcenter.org

Do you or does a child you care for
feel sad, lonely, or irritated?

Adams Clinical Trials is conducting a clinical research study to evaluate an investigational drug for depression in people ages 12 to 17.

Qualified participants may be compensated for time and travel.

Please call **(617) 387-1706** or visit **adamsclinical.com** to learn more.

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